

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Hit and Kick baseball

Game Description:

A twist on a classic baseball game!

Objective:

The goal of this game is to practice striking, kicking and running.

Game Rules:

Hit and kick baseball is a great indoor game to play with toddlers, preschoolers and children all the way up to grade 2. Using a ball tied to a broomstick, have a child ready to work on their two-handed strike. They must hit the ball with a pool noodle, run to the brick, kick it down and run back. This game is much like a hit and run to first base in baseball.

AGE:

2 to 3 years
4 to 6 years
7 to 9 years

TYPE OF ACTIVITY:

Multi-skill game

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)
Medium Space (Classroom,
Empty Room)
Small Space (Hall,
Furnished Room)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

One person
Pair
Small group (3-5 kids)
Medium group (6 - 15 kids)

TYPES OF SKILLS PRACTICED:

Kick
Run
Strike